



Connecting With Kandiss

1 on 1 Life Coaching

SERVICES

and

PRICING

2022

Awaken and Align With Your Innate Wisdom



"Change is not a threat, it's an opportunity. Survival is no longer the goal, transformative success is."

SETH GOLDIN



WELCOME

Hey there superwoman! If you're reading this i'm pretty sure you know exactly what that means. You carry so much and you show up so much that at times it can be difficult to show up for yourself the way you need to.

Let me be the first one to tell you that you aren't wrong for being who and how you are, it's what makes us women. The way we are able to handle so much is one of the greatest gifts to the world.

Even after giving so much power to the world, we often find ourselves not recharging properly. Whether it be through Self work, giving time to God, therapy, counseling, coaching etc. I believe a proper recharge is connecting yourself to a power source, something or someone who to power LIFE (energy) back into you.

I truly believe I am one of those power sources. As long as I've been running from my calling since 2014...

I am now here to be of service as I am confidently walking in my purpose as I help you clear out some things and push forward in life.

You might be in a place where you are lacking confidence in yourself. You keep trying to change, to push forward but very little is shifting for you. You may be feeling overwhelmed, going 100 mph and just not feeling like you're getting anywhere. Or you may be feeling anxious, or unsure about this current season you're in. Ok or how about starting over, we have a pretty good idea but with all the self discovery you still don't feel right.. "it's not working." Girl I could keep going..

Do you ever think to yourself , "There has got to be a way to create a life that feels more fulfilling, aligned, and purposeful. A life that gets you out of bed feeling grateful, full, and excited no matter what challenges you are facing." Ok maybe you paraphrase it but I promise that life for you is possible and it's right in front of you.



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My Mission

To provide coaching and guidance as we focus on you presently and where you are headed. To empower, motivate, and challenge you to connect or reconnect to your authentic, with a goal of helping you gain clarity about your vision. As a team we will eliminate obstacles to your success, accelerate the pace of personal growth and achieve long lasting results that lead you to living your best and most happiest life - personally and professionally.

KANDISS SIGLER ● LIFESTYLE, HEALTH, WELLNESS COACH

Benefits Of Working With A *Life Coach*



Focused Predominantly On The Future

What is going on right now, discovering what your obstacles or challenges might be and choosing a course of action to make life what we want it to be.



Goal or Outcome Oriented

Help you discover what is important to you, what your strengths are, where there are areas for improvement and how to pave the way towards your vision of success.



Gain Clarity

Life coaches can help you clarify your goals, identify the obstacles holding you back, and then come up with strategies for overcoming each obstacle.



Positive & Problematic Issues

Bringing balance between the two concepts and help you understand how negativity can serve a purpose in helping us to flourish.

get to know me...

As a Woman, Not a Coach.

01. How Are You Caring For Yourself Lately?

Been going to bed earlier and giving breaking away from work on Saturday and Sunday. It's been keeping me from burning out.

02. Where Are You Finding Fulfillment Lately?

Honestly in my peace. How i've learned to let go of sooooo much, I enjoy feeling and seeing that growth.

03. What Do You Need More Of? Less Of?

I need that one solid person in my life. Someone that is able to pour life into me as I do into so many. It can be discouraging at times.

Lesss, hmmmm. Oh less family drama. I HATE drama. That negativity is draining.

04. If You Could Do Anything For The Rest Of Your Life What Would It Be?

I don't know that's like a trick question, too much of something is a no. Idk I can't think of anything right now lol.

05. What Are You Most Grateful For?

My boundaries!!!!!! I love them thangs!

06. Are You Finding Your Work More Challenging Or Interesting?

Both lol. With elevation comes both. It's more interesting though because the vision is clearer.

07. If You Had To Get A/Another Tattoo What Would It Be And Why?

Fall In Love With Your Journey, Duh. What's a book with no story, just a beginning an ending, that's dumb.

08. Biggest Day To Challenge Challenge?

Ugh the To do damn list. Not enough time in the day.

09. What Are You Prioritizing Right Now?

Um whet, Im still a work in progress. Some days I have it together and then others, it just slips right through my hands. I'm lst for sure though.

10. What Is Making You Happy Right Now?

My outlook on life. I'm sooooo optimistic, it baffles me. I like it though.

SIGNATURE SERVICE

THE *INTENSITY CHARGE* —

✓ 1 40 minute discovery call
+Assessment Worksheets

✓ 4 60 minute clarity sessions

✓ 1 Digital Journal
Meditation, Journal Prompts Etc.

✓ 1 Digital Workbook
Free Step Into Your Confidence Workbook

✓ 1 20 Min Close out Call

The *intensity charge* is designed to take you through an intense series of healing, deprogramming, and reprogramming. Transform your mental health with personal develop coaching as you are recovering from a tragedy or looking ahead in preparation for a pivotal moment in your life. This charge will help you drop doubts and fears, tap into your divine power and begin moving confidently, purposefully, and energetically through life.

- Forward Momentum
- Unlock Your Full Potential
- Create Rituals For Excellence
- Achieve Personal and Career Goals
- Boost Confidence & Self Esteem



TOTAL TIME: 5 Hours



contact kandiss for pricing.



Payment Plan Option: 50% Down as Deposit To Secure Slots (Day & Time). Clarity Call is scheduled and completed along with receiving assessment sheets to complete before start date. 2nd half of payment is due when we begin. Payments are Non - Refundable.



SIGNATURE SERVICE

THE *POWER* EXPERIENCE —

- ✓ 1 40 minute discovery call
+Assessment Worksheets
- ✓ 4 45 minute clarity sessions
- ✓ 1 Digital Journal
Meditation, Journal Prompts Etc.
- ✓ 1 Digital Weekly Workbook
Free Step Into Your Confidence Workbook

During this *power* experience we will be establishing goals, creating a plan, and then kicking a**!

Giving you the power to transform your mental health, becoming unstuck, and overcoming the mental block and self esteem limitations that may be holding you back.

- Mindset Breakthrough
- Prioritizing your time so that you are living a happy balanced life.
- Leading a healthy lifestyle with proper physical health, mental health, and a positive outlook.
- Conquering your self-doubt and fear, including how to ignore that voice inside your head that holds you back.



TOTAL TIME: 3 Hours + 30 Mins



contact kandiss for pricing.

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SIGNATURE SERVICE

POWER HOUR SESSION —

- ✓ 1 15 prep call
+Assessment Worksheets
- ✓ 1 60 minute clarity sessions
+ *Conquering Your Limits* Mini Workbook

Are you struggling with direction on getting started? You might have some idea of what it looks like but you just need help breaking it down.

The *power hour* is a hard set recharge to find and set you up to release what's making you feel stuck or uncertain.

Power hour focuses on powering through self doubt while setting you up to reclaim your power in discovering a sense of unwavering confidence in yourself!



TOTAL TIME: 1 Hour + 15 mins



\$90

Payment Plan Not Available.





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“Each person holds so much power within themselves that needs to be let out. Sometimes they just need a little nudge, a little direction, a little support, a little coaching, and the greatest things can happen.”

I LOOK FORWARD TO WORKING WITH YOU



READY TO GET STARTED?

Let's:

Discover the most authentic healthiest version of you.

Release the old version you.

Let's heal.

Beome an inspiration to those around you as you begin to set boundaries and standards for your life.

Take risks do the scary sh*t.

Let's ditch the comfort zones.

Let's ACTUALLY DO IT!

Let's follow our most wildest dreams!

Just imagine what 30, 60, 90 days can look like for you once you begin to realign and awaken your innate wisdom & power.

I'LL SEE YOU AT THE STARTING LINE